

The embodiments of the invention for which as exclusive privilege and property right is claimed are defined as follows:

1. A water paddle used by a swimmer for surface and underwater swimming, snorkeling, water aerobics and other water exercises, the water paddle comprising:
  - a hand held, lightweight, flexible plastic, hydrodynamic paddle disk, said paddle disk having a front and a back; and
  - an adjustable hand strap, said adjustable hand strap received through a length of a pair of parallel hand strap slots in said disk, said adjustable hand strap adapted for allowing the swimmer to adjust his or her hand at more than one position on the back of paddle disk.
2. The water paddle as described in claim 1 wherein said paddle disk is round and has a diameter sufficient to cover the hand and a portion of the wrist of the swimmer.
3. The water paddle as described in claim 1 wherein a portion of said adjustable strap is adapted for receipt in a "V" between a swimmer's thumb and index finger with a portion of a back of the swimmer's hand disposed against said adjustable hand strap.
4. The water paddle as described in claim 1 wherein a length of said parallel hand strap slots is greater than a width of said adjustable hand strap so that said hand strap can be adjusted up and down on said paddle disk so that the swimmer's hand can be placed at various positions on the back of said disk.

5. The water paddle as described in claim 1 wherein said adjustable strap has a width in a range of  $\frac{1}{2}$  to 2 inches for comfort when the swimmer's hand is arched against the back of the paddle disk.

6. The water paddle as described in claim 1 wherein said adjustable strap can be adjusted in a first position on said paddle disk for allowing the swimmer's fingers and palm of the hand to rest on the back of said paddle disk.

7. The water paddle as described in claim 1 wherein said adjustable strap can be adjusted in a second position on said paddle disk for allowing tips of the swimmer's fingers to overlap an edge of an upper portion of said paddle disk and a lower portion of said disk covering a portion of the swimmer's wrist to reduce pressure thereon.

8. A water paddle used by a swimmer for surface and underwater swimming, snorkeling, water aerobics and other water exercises, the water paddle comprising:

a hand held, lightweight, round, flexible plastic, hydrodynamic paddle disk, said paddle disk having a front and a back, the front of said disk concave in shape, said disk having a diameter sufficient for covering the hand and fingers of the swimmer; and an adjustable hand strap, said adjustable strap received through a length of a pair of parallel hand strap slots in said disk, said adjustable hand strap adapted for allowing the swimmer to adjust his or her hand at more than one position on the back of paddle disk, said adjustable hand strap having a first side adapted for receipt of the hand in a first position on said disk, said adjustable hand strap having a second side adapted for receipt on the hand in a second position on said disk.

9. The water paddle as described in claim 8 wherein said paddle disk has a diameter in a range of 4 to 12 inches.

10. The water paddle as described in claim 8 wherein a portion of said adjustable strap is adapted for receipt in a "V" between the swimmer's thumb and index finger with a portion of a back of the swimmer's hand disposed against said adjustable hand strap.

11. The water paddle as described in claim 8 wherein a length of said parallel hand strap slots is greater than a width of said adjustable hand strap so that said hand strap can be adjusted up and down on said paddle disk.

12. The water paddle as described in claim 8 wherein said adjustable strap has a width in a range of  $\frac{1}{2}$  to 2 inches for comfort when the swimmer's hand is arched against the back of the paddle disk.

13. The water paddle as described in claim 8 wherein said adjustable strap can be adjusted in the first position on said paddle disk for allowing the swimmer's fingers and palm of the hand to rest on the back of said paddle disk.

14. The water paddle as described in claim 8 wherein said adjustable strap can be adjusted in the second position on said paddle disk for allowing tips of the swimmer's fingers to overlap an edge of an upper portion of said paddle disk and a lower portion of said disk covering a portion of the swimmer's wrist to reduce pressure thereon.

15. The water paddle as described in claim 8 wherein said adjustable strap can be adjusted in a third position on said paddle disk for allowing an upper portion of the swimmer's palm to rest along a centerline of said paddle disk.

16. A water paddle used by a swimmer for surface and underwater swimming, snorkeling, water aerobics and other water exercises, the water paddle comprising:

    a hand held, lightweight, flexible plastic, hydrodynamic paddle disk, said paddle disk having a front and a back, said disk having a diameter sufficient for covering the hand and fingers of the swimmer; and

    an adjustable hand strap, said adjustable strap received through a length of a pair of parallel hand strap slots in said disk, said adjustable hand strap adapted for allowing the swimmer to adjust his or her hand at more than one position on the back of paddle disk, said adjustable hand strap having a first side adapted for receipt of the hand in a first position on said disk, said adjustable hand strap having a second side adapted for receipt on the hand in a second position on said disk, said parallel hand strap slots having a length greater than a width of said adjustable hand strap so that said hand strap can be adjusted up and down on said paddle disk.

17. The water paddle as described in claim 8 wherein a portion of said adjustable strap is adapted for receipt in a "V" between the swimmer's thumb and index finger with a portion of a back of the swimmer's hand disposed against said adjustable hand strap.

18. The water paddle as described in claim 16 wherein said adjustable strap can be adjusted in the first position on said paddle disk for allowing the swimmer's fingers and palm of the hand to rest on the back of said paddle disk.

19. The water paddle as described in claim 16 wherein said adjustable strap can be adjusted in the second position on said paddle disk for allowing tips of the swimmer's fingers to overlap an edge of an upper portion of said paddle disk and a lower portion of said disk covering a portion of the swimmer's wrist to reduce pressure thereon.

20. The water paddle as described in claim 16 wherein said adjustable strap can be adjusted in a third position on said paddle disk for allowing an upper portion of the swimmer's palm to rest along a centerline of said paddle disk.